

### **KEEPING TRACK**

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☞ **Club Info Web Site: [yorkroadrunners.com](http://yorkroadrunners.com)** ☞

## **YRRC NEWSLETTER #177 February 2005 – March 2005 PRESIDENT'S MESSAGE, by Robert Weikert**

Well the elections are finished and the results have been confirmed. I'm now ready to start my first term as your YRRC President. The job is no easy task considering the past success of our club and the great leadership of our past presidents.

A few years ago I made the decision to be involved in the local running club and give back to the sport that I enjoy so much. Over the years I have never regretted this decision and through those years I have met some terrific people. In the past you have met me at races as a volunteer, as a race director at the 2004 Bon ton Race, a Winter Series coordinator for the past 5 years, and for the past year as the VP of Merchandise for the club. Our club is very fortunate to have many members who dedicate an endless amount of hours in making our programs and activities successful. I would like to see more people make this important decision to get involved in The York Road Runners. We definitely have plenty of opportunities for all volunteers at many different levels, skills and activities. This coming year holds a lot of excitement for the club in the way of new activities.

#### **In 2005:**

- YRRC will see a half marathon race being run in York County, the NEW Double Creek Half Marathon.
- YRRC will be active in the 2005 Summer Keystone Games being held in York County by providing race directors and supplying volunteers for some of their road races, and by supplying runners to carry the Touch from 2004 Host's Scranton, PA, through PA and ending up at York to kick-off opening day festivities.
- YRRC will also be sponsoring and supplying all the volunteers to operate a new "Panther Invitational" Cross Country Meet for Middle School Runners.

These are a just sampling of new activities in which the club is involved in the year 2005. Please visit our new web site [www.yorkroadrunners.com](http://www.yorkroadrunners.com) to get a better over view of our club. This site has only been online for less than a year and has already seen over 6,500 hits. Our club will only be successful if people like you decide to be involved. Our new web site [www.yorkroadrunners.com](http://www.yorkroadrunners.com) is a great place to keep up with the many events, which involve the running community in York and the surrounding areas. If you run a race outside of York County please take the time to email the web site with your finishing time. Also include your race experience and comments on our site under "ramblings". This way other runners can mark their calendar if they choose to run that race next year.

I understand that the YRRC and its officers don't hold all the information and insight needed to always make a great year of running, so this is where we need to hear from you on your ideas and wishes. Please contact any of our YRRC officers and let us know how we can improve the club and where we can count on your help in making it better for all of us.

YRRC EXECUTIVE MEETING

The Committee met at the home of Jack Goodwin at 7 pm on, December 13, 2004. Attending were Officers Chris Young, Bobbie Kehr, Doug Moyer, Bob Weikert, Jack Goodwin, Julie Bear and Pam Paule. Members at large: Mike Kerr and Sonja Billet

**Committee Reports:**

**Secretary:** Minutes from the October meeting approved

**Treasurer** Balance as of 11/30/2004 was \$10,805. Of this amount \$1,514 is being held for County Parks and Recreation.

**VP Membership:** Current membership is 348 as of 11/15/2004. Please remember to forward any change of address to the membership committee.

**Merchandise:** Items are selling well. Long sleeve shirts and safety blinking armbands were added to our inventory. Pamela Paule suggested adding a merchandise order form in the newsletter.

**Newsletter and Web Site:** Items of interest and articles are always welcome Deadlines for submissions for the newsletter is as follows.

2/28/2005	April/May	4/30/2005	June/July
6/30/2005	August/September	8/31/2005	October/November
10/31/2005	December/January	12/31/2005	February/March

Please e-mail your items for the newsletter to [ppaule@choyork.org](mailto:ppaule@choyork.org) and for publication on the club website, send your items to Julie Bear [rescuemal@aol.com](mailto:rescuemal@aol.com)

**Old Business:** The election results were reported and all of the members who were on the ballot were elected. Thanks to all of the members who took the time to vote and to those who volunteered to serve. Our new website has been visited 5,600 times since its inception. The Winter Series is going well.

**New Business:** The club is in need of 12 new safety cones at a cost of \$19.25 each. Bob Weikert will submit a request to a private organization to fund this purchase. If this request is turned down the club will purchase the cones.

This is the 25<sup>th</sup> year of the Winter Series. There was a discussion about having a commemorative item to mark this event. There was no decision at this time.

Sigafoose and Jackson Chiropractic expressed interest in providing free massages at our races. Possibly the Springettsbury 15k, or the Indian Rock Dam 10k, (these two races have indoor facilities).

The Executive Committee voted to increase the font size, for the Race Calendar, to #11 or #12. Several members have suggested this change during the last 12 months.

**YRRC EXECUTIVE MEETING MINUETS, continued**

York College is soliciting funds for their new sports complex. The club voted to donate \$500 over the next 5 years, to this project.

Pam Paule contacted Joe Glitz the owner of Yorktowne Racquet Ball and Fitness Center and requested to be allowed to use a room at the Facility to conduct a Yoga class for YRRC. Mr. Glitz is willing to provide a room for our use at no charge. The committee is currently trying to find an instructor to teach the class. If arrangements can be made to offer the class the date and time will be announced.

**Next Meeting**

The next Executive Meeting will be held on February 7<sup>th</sup>, 2005, at Jack Goodwin's house, 551 Findlay Street, York, Pa 17402, (all for directions if needed, (718-2951)

The meeting adjourned at 8:45 pm.

Minutes prepared by Jack Goodwin



**Dates and Times for 2005 Executive Committee Meetings:**

02/07/2005 04/04/2005  
06/06/2005 08/01/2005  
10/03/2005 12/05/2005

**Upcoming Club Events:**

**CORRECTIONS**

Page 3 - Upcoming club events - The date for Country Run I should be June 15 and the correct time is 5:30 pm

The correct date for the YRRC Club Picnic is July 24 and the correct location is William Kain County Park at the Lake Redman Boat Launch Area in the Perch Pavilion. The picnic will be held immediately after the BobTon 5 Miler and end at 6:00 pm

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**Thanks again YRRC!!!**

I just wanted to thank the YRRC and their winter race series for their encouragement, support and motivation to keep running fun!!!

I am not fast but I love to run trails and you would find me in the back of the pack still smiling and having fun long after many of you have finished, showered and eaten all the post-race goodies!!

One of my life goals was to run a marathon before I turned 50, so I ran my first marathon this year at Steamtown and what an awesome experience that was! From the cannon fire start to the great community enthusiasm and support of the small towns I could not have asked for a more perfect day. There was so much energy in the air to keep you going! There was the toga party with neighbors handing out jello shots, singing dogs, cross country teams cheering you on, cheerleaders handing out all kinds of goodies, bands playing, we even had to jump over a firehose in Carbondale at a smoldering house fire, not to mention being surrounded by the beautiful fall foliage as we ran along the rail trail in Condella Park. I met so many great people as we encouraged each other along the way, even gathered a few business cards. I kept an even 10min/mile pace which kept me feeling strong to the end with a proud and emotional finish of 4:43!!! (Oh don't think I mentioned the 10-minute port-o-potty line at mile 15) I highly recommend Steam town as a first marathon for anyone who is motivated by beautiful scenery, great people and hills.

So now that I have worked on endurance I am now searching for advice on picking up speed, and deciding where my next marathon experience will take me??? Unfortunately with my crazy ever-changing schedule I am unable to participate in your training runs on a regular basis, but would like to someday. I do have a very dependable, enthusiastic and energetic new training partner who is always ready to run out the door and hit the trails with me. He is a 6-month-old Chesapeake Bay retriever named "Rusty".

We look forward to seeing you along the trails and upcoming races.  
Sue Keagel trailrunner@suscom.net

*New Club Merchandise:*

The Club is expanding its selection running gear, check out our web site for details:  
[www.yorkroadrunners.com](http://www.yorkroadrunners.com).

\*A reflective armband for high visibility, using super bright Led Technology, runs on a watch battery, adjustable, waterproof, and can be seen 1/2 mile away. Cost is a low \$8.00

\* Long sleeve running shirts with club logo-->details to follow on the web site

Club Gear will be available at all Winter Series Races and also available by contacting Jan Workinger at [Jan.Workinger@hillmangroup.com](mailto:Jan.Workinger@hillmangroup.com)

## My First Marathon Experience = One Dream Come True

*Nancy Ann Rossi-Fogle*

As grateful as I am to have experienced all the glory and awesome splendor of my first marathon, my grateful spirit goes out to my memory for recalling so many details of this glorious experience.

I sat in Buca de Beppo Italian Restaurant on the night before my marathon amidst family and friends fantasizing of what the next day would hold. Contrary to what many people had said, I actually slept very well the night before the race. I made up my mind that I was not going to have any pre-race nerves. On the way to the Spirit of Gettysburg race this summer, Hal Darr reminded me that any nervousness is just an energy drainer and we were in the energy conservation game. It made so much sense that I decided that getting nervous would no longer be part of any pre-race routine, especially my first marathon. I wanted this day to be about the fulfillment of a dream. There would be no reason to feel fear. I was at least fairly well trained, I had amazing support from my family and friends, and my faith was in tow for all 26.2 miles. My main goal was to finish and that was definitely happening, even if I had to crawl over the finish line (which I almost did if it were not for a young man who picked me up at the 26 mile mark...details to come).

I never predicted that amidst the emotions I did feel throughout this adventure, humor would be high on my list. From the time I stepped into the porta pottie for the last time before the race yelling to the other runners, "This is my cell phone and water, no one steal them..." I realized this would be no ordinary day. A woman clearly understanding me vowed to hold and protect my prized possessions. You might ask why I had a cell phone. Basically, in all my preparation for this big day, I did not know the race started at 8:30. I thought it was 9:00, so when I realized my grave error, I wanted to keep my cell phone with me to find out how far my family was from the starting line. It's funny how in all my preparation I could not nail down the race time.

In a quick recap of the race, Bethany Sivulka and I started off and ran the first 4 miles together. After maybe 1/2 mile, the very positive Bethany exclaimed, "It's hot." Wanting to stay in denial of the humid conditions for as long as I possibly could, I responded, "Oh, I don't know. About a mile later I confessed, "It IS hot." Ever since dehydrating at Rail Trail in August, I wore my water belt for long runs on a regular basis. I was so glad I chose to wear it for the marathon, only I was playing uncomfortably with it for a couple of miles. Bethany noticed and asked me how I was. I told her I just was not in a groove yet. At about mile 4, right around when I lost Bethany, I started running "normally."

I loved running through Georgetown. I came up behind two very tall men. I am serious; they were like 6'5" or more (even taller than you, Frank). I ran behind them for a little while and they soon parted for me. They were friendly and we talked about pace and running experiences. I told them this was my first marathon and they chuckled and said they were far more experienced as it was their second marathon. I enjoyed the view and the next few miles went well.

At mile 10 I saw my family for the first time. My sister Sandy jumped in for about 1/2 mile. At that time she informed me that there were about 1000 people in front of me. I got a little nervous because I thought maybe I was going too fast, but tried to reassure myself that I was running comfortably and this was the Marathon of the people, so there were not 1000's of top notch runners. I remember saying to her, "I only have a little over 16 miles to go." Three miles later my husband

jumped in to encourage me. I told him that I might have to walk soon, because I felt a little tight. He reminded me that doing so was okay, and I knew it was.

Right about the time of the halfway point, another guy joined me. We started talking and the topic of goals came up. When I shared that it was my first marathon and I was focused on finishing, he said I was doing really great. I commented that I did not know if I could replicate what I did the first half (my time was 1:48 and change) and that I thought I was running out of gas. He very positively said that I looked as if I ran out of gas; I still would have gas to go. I continued on thinking, "I have gas." Again, humor was a great strategy and yet allowed me to keep things in perspective. The next couple of miles were pretty good. Another funny moment happened at mile 14. It was one of the points where they handed out bananas. Everyone was reaching, eating and throwing peels. At one point I actually slipped and turned back around to see that I had in fact slipped on a banana peel. I just laughed and thought about how many cartoon characters I had watched do that, but never an actual human being.

I saw Gretchen Walters at about mile 17 and right before mile 18, Bethany caught up with me, which was a surprise because I had been trying to guess how many miles ahead of me she was. We cheered happy to see each other. As if reading my mind, she said she just wanted to finish. We ran together a little bit and I knew I had to stretch a little bit. After stretching, I felt much better and caught up with Bethany. A little bit before mile 20; I had a surge of energy and took off for as long as my body would let me. I committed to a non-typical approach from that point on. Run really fast for as long as I could, and walk through the mile markers. It just seemed to be what I needed to do at that point. The final bridge was very discouraging for me. I spent lots of time between mile 21.5-23.5 walking. I don't think I hit the wall exactly, I was very sore in parts of my body I didn't know I had, but something about so many other people walking kind of compelled me to do the same. In the last 5 K, I returned to some legitimate running. Mentally, I doubted my own senses and asked 4 people at that point if they were sure that we only had a 5 K left. At mile 25, we started a gradual upward ascent towards Iowa Jima Memorial. I started "kicking in" way too soon and was dismayed how long the last straight away was before the final last hill. I put all I could into charging up that last hill and was overwhelmingly discouraged when I rounded the bend and I could not see the finish line. It was at this point that I truly stumbled and fell right down on the ground. For about three seconds, I just crouched in a fetal-like position. I remember thinking, "this feels really good." My relaxation ended when a young guy came charging up the hill and in one quick swoop hoisted me up yelling to keep going. I reluctantly agreed and kept thinking, "Where in God's name is that stinkin' finish line?!"

Finally, the red rainbow finish line was in sight. I crossed the line smiling with arms in the air and thanked God. I spent the next 30 to 40 minutes or so immobile. I was thrilled that my sister was positioned at the finish line to see me and give me a final cheer. With the assistance of some marines, I made my way to a bench. I was sitting next to a tall man who looked as equally drained as me. We turned towards each other sharing our "we made it" stories. He said that he did not do so graciously and I responded that grace was far too overrated. He helped me take my chip off my sneaker, as the reach down to the ground was more than I could muster at that point. As soon as I was able, I made my way over to my sister who fought through thick crowds to congratulate me. Not until that moment did I truly allow myself to feel the emotions that I had kept down in order to conserve energy. My sister, understanding the gravity of the accomplishment of this first marathon, sobbed perhaps louder than I. As she clutched me she kept repeating that I did it and she was so proud of me. It was one of those moments that you wish would go on forever. While seemingly

paling in comparison, this was my Olympic moment, my world-class event, and my encore performance.

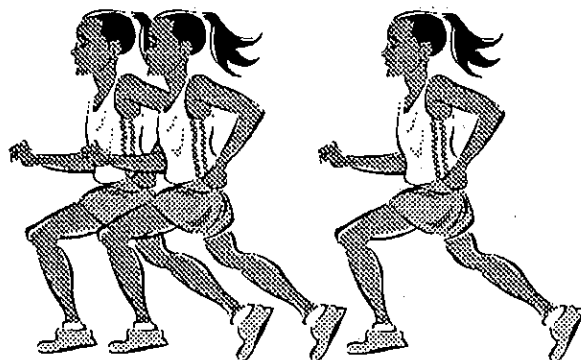
Here I sit two months later reflecting on that momentous day in late October. I must tell you that it really thrills me to have people still ask me about "my race." Students and parents from Central York Middle School, family members and old friends continue to ask me questions about my day. I still have hanging in my office a poster that the Middle School Cross Country team and family made for me. At the conclusion of our first and undefeated season, they made on a fluorescent poster a blown up picture of me with the words, "Now it's your turn to make history in D.C." They each had written me a message of encouragement to boot. I have hanging on a file cabinet the shirt the team made me for the marathon with all their names and footprints, which reads, "We are with you all the way" on the front. On the back is "ROSSI" with the comment I said to them before every race, "We are already proud of you." Wrapped around my hanging shirt is my finisher's medal. I still read the cards from colleagues at work, friends and family wishing me well. I cherish these gifts and the words and actions of so many of you who have kept this event alive for me. The following words and events have iced an already sweet cake for me:

- Seeing Karen K. and Jeff O. at the 8 mile mark of the race
- The call from Jack Goodwin congratulating me on my way home from D.C.
- Don making a big deal about my time the next 3 times he saw me and raving as if I set a new world record
- Clay Shaw – when he announced my name at The White Rose Race prefaced my name by saying, "Marathoner" Nancy Rossi ☺
- Bob Weikert and Lynn VanHouwe making comments about my marathoner legs
- \*My father-in-law...exactly one month after the marathon he was up late one night watching the video I purchased of the new Marine Corp Marathon Course. I asked him what he was doing watching it, and he said that watching that and thinking back to my marathon was better than any thing on television. How could this 73-year-old man understand me so well?

My sister having a conversation with people from my hometown of Kulpmont and her graciously withholding my time when they kept bragging that their son had completed the same marathon in just over five hours (I finished in under 4).

As I bask in these wonderful memories I am planning and aspiring to run a spring marathon. At this moment in time, I have not yet committed to one. I am unsure how these winter months will affect my training and I determined break my first-time of 3:53. One thing that I am sure of is that no dream is really as wonderful if it were not for sharing that dream with people who matter to us in life. The people I have met through the York Road Runners Club have been in my life for just 16 short months now, and yet, I can't imagine fulfilling this dream without their support and love. I can't imagine not knowing this amazing group of people, sharing stories, joys and tragedies with

them and learning so much from each member. In these days prior to Christmas day, I am thankful for the gift of the people that God continues to put in my life.



To YRRC members:

After thanking all the volunteers and participants, there is the fact that the event had one of its weakest turnouts ever, only 217 finishers. The event takes pride in making the race a notch above the rest with over 90 volunteers, a certified course, liberal age group awards, random drawings, and food & drinks. Runners who don't win awards here do get an accurate certified course, and never are sent off course. All runners will get complete results (on internet already) and in the January 2005 Runner's Gazette. For the past three years we have offered runners 18 & under a free entry (nominal cost with shirt).

The bottom line is that the race needs many more finishers in future years in order to justify its existence. I have asked the club to possibly move the first winter series farther away from the White Rose. I don't think that many runners, other than the die-hards will race 3 races in less than two weeks (with the Thanksgiving 5k less than two weeks after).

Perhaps a change in the calendar is needed. I am open to suggestions. At this point 2005 is written in stone as Saturday Nov 12, 2005. But, 2006 is open for change. I will probably have to have a fee for runners 18 & under, maybe half price.

Needed are a few more key volunteers. 1) P.R. person to contact and keep in touch with sponsors etc., 2) Promotional person to encourage participation in the event 3). A crew to close the downtown streets to traffic. The city puts out the sawhorses, and it is up to us to put them in place. This will allow proper warm-up for the athletes, and give our start/finish personnel and easier time. This should be done at 8:45AM race day.

Thanks,  
Clay Shaw

Send your worthwhile suggestions to: [sports35\\_photography@yahoo.com](mailto:sports35_photography@yahoo.com)



2004 White Rose Run

Thanks to all volunteers and participants,

Volunteers

- Jan Workinger- co-director
- Tom Shepp- course director with over 70 volunteer positions
- Joe Myers- Finish Line & Set-up
- Gary Golden- Results
- Carolyn Daughterty- Registration
- Dave Pflaum- Computer work, labels, & results
- Josh George- Application Design
- Ray Ricke- sponsorship & offical vehicles
- Bobby Simpson- Tables & finish line announcing
- 2005 date November 12, 2005

Clay Shaw  
Race Director



Newest Members

Patrick, Diane, Caitlin, Kristen and Patrick, Jr. Malloy family

- |               |                 |
|---------------|-----------------|
| Craig Snyder  | Lisa Mansperber |
| Brandy Nolt   | Greg Barbush    |
| Kelly Dworak  | Steve Horning   |
| Clint Roberts | Don Golden      |
| Tracey Rice   |                 |

Adopt-A-Highway

*The next pickup will be Saturday, January 29, 2005 at 8:00 am.*

*We need 2 people to help, (for about 1.5 hours). Good exercise and community service*

*Call Jack Goodwin  
H: 600-2282 W: 718-2951*



Race Results

Brett Pfeleger finished the Harrisburg Marathon with a time of 3:14:59

A Running Letter

Running is 100% mental. Your body can find a way through and recover from anything you do to it. Your muscles might burn, your lungs might ache, your legs may feel like dead weight or nothing at all, and your arms could feel as if they're about to fall off, but still your body will move if you tell it to.

Once you THINK your tired or THINK you can't make it one more leg of a race, that's when you start to slow down - to walk a little bit or stop to catch your breath. Running isn't that hard, it just takes a tremendous amount of will power to break the barrier to get from fit to peak condition. To break that barrier, you have one simple decision to make: you can either become tired and stop... or you can keep running.

Deciding to stop means you started to pay attention to how hard your body is trying to keep working for you and you give up on it. You think your legs and arms will fall off just before your heart explodes and you make a decision to ease up, but in reality your body is doing everything it possibly can do to get you across the finish line, to the end line, to the ball. And it recovers, gets stronger every time, and waits for more.

Deciding to keep running means you are determined to finish what you started and will never stop or waiver until you've reached your goal. It means noticing fatigue and then going faster and longer. When you do get a chance to rest you should be thinking how short you can make it - slow down your breathing instead of gasping for breath, instantly see your next challenge and speed up your recovery jog so you can get there and demolish it. And above all, when you realize how little of the race is left or you have the finish line in sight, bust your ass to get there and leave no energy to spare.

I didn't break through the barrier until this last summer and man is it wonderful. I no longer feel the need to stop no matter how fast or far I go. Almost every time I run I set a new personal record and all I can think about is beating it the next day. And it's all because of the one decision I seem to always have to make on every run: I choose to keep running.

So what are you going to choose?

Written by: Matthew R Argall

Matt is a junior at Augsburg College in Minneapolis, MN and is a member of the "Auggie" Soccer Team. Matt is the son of Rob Argall. Rob is a good friend of YRRC Member, Jan Workinger.

# Y-Tri Clinic

**SATURDAY**

**JANUARY 8th and/or March 12th  
2005**

**8:30am to 3:30pm**

**\$30.00/day — Lunch is INCLUDED!**

**YWCA 320 East Market Street  
York, PA**

- ☐ If you have ever thought about competing in a triathlon, then this clinic is for you!
- ☐ Join other women for fun while learning how to do a triathlon for the first time or for your best time!
- ☐ The Y-Tri Clinic will be lead by a team of knowledgeable, positive, and experienced coaches and tri-athletes who will teach you everything you need to know to be successful with your training and what to expect race day.

**Things to Bring:** Bathing Suit, towel, Bottled water, Sneakers

For additional information, please contact:

**Tara Neff • 845-2631, Ext. 23**

**GET READY  
FOR RACE DAY!**



Our Sponsors



Detach and mail this portion with your payment to address below. Please make check payable to YWCA

Send registration form **YWCA**

along with payment to: **320 East Market Street  
York, PA 17402**

\$ \_\_\_\_\_  
Amount Enclosed

Clinic Date(s) you are signing up for? **1/8/05 • 3/12/05**  
(Please circle)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_

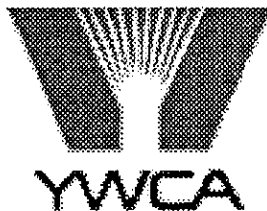
I waive all claims for myself and my heirs against the YWCA and anyone associated with the Y-Tri Clinic and will hold them harmless for any and all injuries, which may result from my participation. I do hereby declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness, that would prevent my participation.

Have you ever competed in a Triathlon? YES or NO

If yes, was it: Mini Sprint Olympic Ironman Other \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



# First Annual Y-Tri LADIES' SPRINT TRIATHLON

SUNDAY, JUNE 26, 2005 @ 8:00A.M.  
Dallastown High School  
700 New School Lane  
Dallastown, Pa 17313



300 YARD POOL SWIM /15 MILE BIKE RIDE /5K RUN

THE  
**WOLF**  
ORGANIZATION, INC.

Join in the fun and get fit at the same time! Enjoy the camaraderie and competition of this WOMEN ONLY Triathlon! Whether you participate as an individual or as a member of a team you are bound to have a great time!

THE  
**WOLF**  
ORGANIZATION, INC.

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York Daily Record  
YORK SUNDAY NEWS  
THE YORK DISPATCH

LMS Commercial Real Estate  
LEASING • MANAGEMENT • SALES

**Packet Pickup:**  
Sunday 6/26/05 6:30AM - 7:30AM  
Early Packet Pickup at York YWCA:  
Saturday 6/25/05 10:00AM - Noon  
  
\*\*\*All Athletes will be required to sign a waiver at packet pickup. Athletes under 18 years of age will need a Guardian's signature.  
  
Mandatory Athlete Meeting -  
7:45 AM Race Morning

**Awards Categories:**  
**Individual Triathlon:**  
Overall Female, Top Master (age 40+)  
Top 3 in Age Groups:  
14-19, 20-24, 25-29, 30-34, 35-39  
40-44, 45-49, 50-54, 55-59, 60-64, 65 +  
  
**Relay Team Triathlon:**  
Top 3 Relay Teams  
  
*Finisher's Medals for All!!!*

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York Daily Record  
YORK SUNDAY NEWS  
THE YORK DISPATCH

LMS Commercial Real Estate  
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FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE [www.ywcaofyorkpa.org](http://www.ywcaofyorkpa.org)  
EMAIL US AT [Tneff@ywcaofyork.org](mailto:Tneff@ywcaofyork.org)  
OR CALL THE YWCA AT 717-845-2631

Register on-line at [www.active.com](http://www.active.com) or tear off and mail in the application below. Each Team Member must fill out a form.

## 2005 Y-Tri Ladies Sprint Triathlon

Make checks payable to: YWCA of York  
Mail to: 320 E. Market St.  
York, PA 17403



THE  
**WOLF**  
ORGANIZATION, INC.

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York Daily Record  
YORK SUNDAY NEWS  
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LMS Commercial Real Estate  
LEASING • MANAGEMENT • SALES

### Entry fees

Early Bird Registration  
(by 5/26/2005)  
\_\_\_\_\_ \$35 per Individual  
\_\_\_\_\_ \$65 per Team  
  
On Time Registration  
(until 6/25/2005)  
\_\_\_\_\_ \$40 per Individual  
\_\_\_\_\_ \$70 per Team  
  
Race Day Registration  
(6/26/05)  
\_\_\_\_\_ \$50 per Individual  
\_\_\_\_\_ \$80 per Team

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T-Shirt S-M-L-X			Estimated Swim Time																		S-Swim, B-Bike, R- Run							
EMAIL:											PHONE:																	



YWCA  
FIRST ANNUAL Y-TRI  
LADIES' SPRINT TRIATHLON  
Sunday, June 26<sup>th</sup>, 2005

SPONSORSHIP and VOLUNTEER OPPORTUNITIES:

Thank you for your interest in our exciting inaugural event. Here are a few examples of SPONSORSHIP possibilities:

1. The event will cost approximately \$15,000 to mount. You can help us attain this goal while advertising your business on t-shirts, banners, ads, etc. Making an in-kind donation of sports bottles, hand towels, or runners' "tool belts", or direct donations of cash are always welcome.
2. Awards will be presented in all categories, and "goodie bags" will be given to all participants. We are looking for creative, fun award packages such as spa certificates, windbreakers, biking accessories, etc. A company logo, sample or coupon would work well with the "goodie bag" item, and be seen by up to 300 participants and in excess of 50 volunteers, not to mention numerous spectators and fans at the event.

VOLUNTEER possibilities:

1. SWIMMING portion- This first leg of the event starts at 8 a.m. Volunteer help will be needed from 7-10 a.m., or until the last swimmer leaves the pool.
2. BIKING portion- Volunteer help will be needed from 7-11 a.m. to set up the course and remain in place until the last rider finishes the course.
3. RUNNING portion- Setting up the course and remaining in place until the last runner finishes the race will take approximately from 8 a.m.- 12 p.m.(noon).
4. LOGISTICS help – Includes tasks such as registration, award ceremony, general clean up, transition areas from one event to the next and others.

Please get involved by returning the bottom of this form to the YWCA of York, 320 E Market St, York PA 17403, attn: Cinnie Frith, or email [cjfrith@suscom.net](mailto:cjfrith@suscom.net), or phone at 717-845-6101.

Name: \_\_\_\_\_ email: \_\_\_\_\_

Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

Sponsorship/volunteer interest: \_\_\_\_\_

Phone number day: \_\_\_\_\_ evening \_\_\_\_\_

Best time to call: \_\_\_\_\_

# RACE CALENDAR – JANUARY 8, 2005 to NOVEMBER, 2005

Contact Tom or Rosa Schaffstall ([tschaffstall@aol.com](mailto:tschaffstall@aol.com)) for your race to be included in the next newsletter  
(Note: BOLD/CAPITALIZED listings are YRRC supported races)

## JANUARY, 2005

- 8 **ACCOMAC 8K**, 12 noon, near Wrightsville, PA, Dave Weitzel, YRRC W.S. #4, 717 252-4544 (h)
- 9 **Shiver by the River 10K / 5K - (#2)**, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556 or [sjackson@gpu.com](mailto:sjackson@gpu.com)
- 16 **29<sup>th</sup> PSCI Iceicle 10 Miler**, 9am, Wilmington, DE, 302 654-6400 or [wayne@races2run.com](mailto:wayne@races2run.com)
- 16 **Mighty Medford Freeway 5K (race day entry only)**, Westminster, MD, 410 857-4974 or [dptgettysburg@aol.com](mailto:dptgettysburg@aol.com)
- 22 **SAGINAW 10K**, 12 noon, Saginaw, PA, YRRC W.S.#5, Jack Goodwin, 717 767-8910
- 23 **16<sup>th</sup> Bankshots Road to the Super Bowl 5K**, 11am, Wilmington, DE, 302 654-6400 or [wayne@races2run.com](mailto:wayne@races2run.com)
- 30 **Penguin Pace 5K 2005**, 7:45am, Columbia, MD, 410 313-7468 or [www.active.com](http://www.active.com)
- 30 **Bear Run 4 Miler**, 12 noon, Pleasant Valley Fire Hall, Pleasant Valley, MD, 410 875-2621 or [salspach@mcDaniel.edu](mailto:salspach@mcDaniel.edu)

## FEBRUARY, 2005

- 5 **JACOBUS 5 MILER**, 12 noon, Jacobus, PA, YRRC Winter Series #6, Joe Myers, 717 252-1183 (h)
- 5 **Memorial 5K**, 10am, Shippensburg, PA, 717 264-3775 or [blkes@innernet.net](mailto:blkes@innernet.net)
- 6 **Super Bowl Sunday 10K**, 10:30am, Allentown, PA, 610 434-8070 or [Runlvrbrian@aol.com](mailto:Runlvrbrian@aol.com)
- 7 **HARRC Winter Series 5K**, Wildwood Park, Harrisburg, PA,
- 12 **Sweetheart Shuffle 5K**, 11am, Holy Dormition Friary, Sybertsville, PA, Frank at 570 788-4219 or [Barbara@ccomm.com](mailto:Barbara@ccomm.com)
- 13 **Shiver by the River 10K / 5K - (#3)**, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556 or [sjackson@gpu.com](mailto:sjackson@gpu.com)
- 19 **SPRINGETTSBURY 15K**, 10am, York, PA, YRRC Winter Series #7, Marty Strine, 717 840-0811 (h)
- 19 **Frostbite 5 Miler**, Amber, PA, [frostbite@aareclub.com](mailto:frostbite@aareclub.com)
- 20 **Presidential Snowshoe 5K**, 1pm, Nescopeck State Park, Drums, PA, Frank at 570 788-4219 or [Barbara@ccomm.com](mailto:Barbara@ccomm.com)
- 26 **Run for the Cookies 10K**, 10:30am, Berwick, PA, 570 759-1300 or [diamondr@ptd.net](mailto:diamondr@ptd.net) or [www.runfordiamonds.com](http://www.runfordiamonds.com)
- 27 **2<sup>nd</sup> "Ugly Mudder" 7 Mile (more or less) Trail Run**, 10am, Reading, PA, Ron Horn, 610 779-2668 or [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

## MARCH, 2005

- 5 **6<sup>th</sup> Kelly's Logan House 5K**, 9am, Wilmington, De, 302 654-6400 or [wayne@races2run.com](mailto:wayne@races2run.com)
- 6 **INDIAN ROCK 10K**, 2pm (new time), York, PA, (YRRC Winter Series #8 – participation and series awards follow),  
Tom and Rosa Schaffstall, 717 755-6806 or [tschaffstall@aol.com](mailto:tschaffstall@aol.com)
- 6 **Shiver by the River 10K / 5K - (#4)**, 11am, Laurel Run Park, Reading, PA, Sue Jackson, 610 779-6556 or [sjackson@gpu.com](mailto:sjackson@gpu.com)
- 6 **HARRC Winter Series 5K**, Wildwood Park, Harrisburg, PA,
- 13 **St. Joseph's Day 5K**, Mechanicsburg High School, Mechanicsburg, PA,
- 19 **Chambersburg Half-Marathon**, 9:30am, Chambersburg, PA, 717 263-9426 or [info@chambersburgrrc.org](mailto:info@chambersburgrrc.org)
- 20 **25<sup>th</sup> Winter's End 4.5 Miler**, 10am, Penn State Wilkes-Barre Campus, Lehman, PA, Vince Wojnar, [WYOVALSTR@aol.com](mailto:WYOVALSTR@aol.com)
- 26 **Sauder Egg 5K Lititz**, PA, 717 626-5096
- 26 **Just a Run, 9am, Short Run: 30K, Half, and 5K**, 8:30am, Staate North Park, PA, 412 490-0881 or [ksmith@eliterunners.com](mailto:ksmith@eliterunners.com)
- 26 **11<sup>th</sup> Mt. Penn Mudfest 15K Trail Run**, 10am, Reading, PA, Ron H., 610 779-2668 / [rhornpcs@aol.com](mailto:rhornpcs@aol.com) or [www.pagodapacers.com](http://www.pagodapacers.com)

## APRIL, 2005

- 2 **The Fools' Run 10 Miler / 5K**, 10am, Kutztown, PA, 610 683-8860 (mornings only) or [kaccinfo@ptd.net](mailto:kaccinfo@ptd.net)
- 2 **4<sup>th</sup> Spring Forward 5K**, 10am, Pottstown, PA, 610 369-9569 or [jallen40315@comcast.net](mailto:jallen40315@comcast.net)
- 3 **33<sup>rd</sup> Credit Union Cherry Blossom 10 Miler**, Washington, DC, [www.cherryblossom.org](http://www.cherryblossom.org) or [racedirector@cherryblossom.org](mailto:racedirector@cherryblossom.org)
- 10 **12<sup>th</sup> RACC 5K**, 10am, Ron Horn, , Reading, PA, Ron Horn, 610 779-2668 / [rhornpcs@aol.com](mailto:rhornpcs@aol.com) or [www.pagodapacers.com](http://www.pagodapacers.com)
- 10 **Emmaus 4 Miler**, 9:30am, Emmaus, PA,
- 16 **24<sup>th</sup> 5K for Clean Air**, 9am, West River Drive (next to the Art Museum), Phila., PA, [siacobs@cleanair.org](mailto:siacobs@cleanair.org) or 215 567-4004 x228
- 17 **New Jersey Marathon**, 8:30am, Long Branch, NJ, [www.njmarathon.org](http://www.njmarathon.org)
- 17 **3<sup>rd</sup> race for Autism Half-Marathon and 5K**, 8am, Lewes, DE, [www.ldaf.com](http://www.ldaf.com) or [www.active.com](http://www.active.com)
- 18 **109<sup>th</sup> Boston Marathon**, 12 noon,
- 23 **Grove City YMCA 5K**, 10am, Grove City Memorial Park, Grove City, PA, 724 458-9781 or [tarhuskie@hotmail.com](mailto:tarhuskie@hotmail.com)
- 24 **Runner's World Half-Marathon**,
- 30 **LADY WHITE ROSE 5K**, 9am, York, PA, Krista Darr, 717 428-3336 or [kdaarr@suscom.net](mailto:kdaarr@suscom.net)

## MAY, 2005

- 1 **31<sup>st</sup> Cherry Blossom 5 Miler**, 10am, Penn State Wilkes-Barre Campus, Lehman, PA, Vince Wojnar, [WYOVALSTR@aol.com](mailto:WYOVALSTR@aol.com)
- 1 **Broad Street 10 Miler**,
- YORK HOSITAL FETE 5K**,
- 8 **14<sup>th</sup> Spring Trail 5.5 Miler**, 1pm, Frances Slocum State Park, Kingston Twp., PA, Vince Wojnar, [WYOVALSTR@aol.com](mailto:WYOVALSTR@aol.com)
- 8 **Crime Alert Berk's Alligator 10K Trail Run**, 9am, Albright College, Reading, PA, 610 921-7672 or  
[www.akbrought.edy/services/security-main.html](http://www.akbrought.edy/services/security-main.html)
- 15 **2<sup>nd</sup> Coventry HealthCare Delaware Marathon**, 7am, Wilmington, DE, 302 654-6400 or [wayane@races2run.com](mailto:wayane@races2run.com)
- 22 **Millersville Mile**, 6:30pm, Millersville, PA, Judy at 717 872-8810 or [www.millersvillemile.homestead.com](http://www.millersvillemile.homestead.com)

**JUNE, 2005**

- 4 **9<sup>TH</sup> DOLLARS FOR SCHOLARS 5K**, 9am, Northeastern H.S., Manchester, PA, 717 266-3250 or [griffithw@nesd.k12.pa.us](mailto:griffithw@nesd.k12.pa.us)
- 4 **Memorial Hospital 5K**, 9am, York, PA, TBA
- 4 **10<sup>TH</sup> RUN THE ROCK 5K**, 8:30am, Glen Rock, PA, Glenn Engler, [englergw@msn.com](mailto:englergw@msn.com) or 717 235-4129
- 4 **14<sup>TH</sup> RUN FOR SIGHT 5K**, 9am, Naylor's Vineyard, Stewartstown, PA, Don Scarborough, 717 993-6942
- 11 **York Habitat for Humanity 5K**, 8am, Dover, PA, 717 854-6168
- 26 **8<sup>th</sup> Double Trouble 15K / 30K Train Runs**, 10am, French Creek State Park, Reading, PA, Ron Horn, 610 779-2668 / [rhornpcs@aol.com](mailto:rhornpcs@aol.com) or [www.pagodapacers.com](http://www.pagodapacers.com)

**JULY, 2005**

- 4 **Freedom 5K**, 8:30am, Greensburg, PA, 724 837-5468 or [freedom5k@comcast.net](mailto:freedom5k@comcast.net)
- 9 **15<sup>th</sup> Gettysburg 5K**, 8am, Gettysburg, PA, 717 334-9171 or [www.ywcacagettysburg.org](http://www.ywcacagettysburg.org)
- 24 **27<sup>th</sup> BON TON 5 MILER**, 8am (fun run, 7:30), York Galleria, Jan Workinger, 717 840-1802 or [resOye9i@verison.net](mailto:resOye9i@verison.net)

**AUGUST, 2005**

- 22<sup>ND</sup> **MARKET STREET MILE**
- 7<sup>TH</sup> **YORK 10 MILER**, 9am, York, PA, Chris Young, 717 495-4019 or [cyoung1991@hotmail.com](mailto:cyoung1991@hotmail.com)

**SEPTEMBER, 2005**

- 10 **Manheim Township 5K**, 8:15am, Manheim, PA, 717 391-9722 or [www.redroseraces.com](http://www.redroseraces.com)
- 24 **Cassville Octoberthon 5K**, 9am, Cassville, PA, 814 448-3230

**OCTOBER, 2005**

- MINA MILLER MEMORIAL HEALTHY CHOICES 5K**
- 1 **Hands-on House Half Marathon**, 9am, Lancaster, PA, 717 391-9722 or [www.redroseraces.com](http://www.redroseraces.com)
- PARTNERS IN THE PARK 5K**, 2pm, Rocky Ridge Park, York, PA, Hal Darr, 717 741-3693
- 30 **18<sup>th</sup> Fall 5 Mile Trail Run**, 1pm, Frances Slocum State Park, Kingston Twp., PA, Vince Wojnar, [WYOVALSTR@aol.com](mailto:WYOVALSTR@aol.com)

**NOVEMBER, 2005**

- 12 **29<sup>th</sup> YORK WHITE ROSE 5 MILER**, 9am, York, PA; Clay Shaw, 717 764-1181 or [sports35\\_photography@yahoo.com](mailto:sports35_photography@yahoo.com)

**DECEMBER, 2005**

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**YORK AREA ROAD RUNNERS CLUB**  
P.O. BOX 2841  
YORK, PA 17405

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**PRESORTED STANDARD**  
**U.S. POSTAGE PAID**  
**YORK, PA**  
**PERMIT # 412**

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## RENTAL OF CLUB EQUIPMENT

Race Directors who have reserved the use of club equipment should follow these pick-up procedures:

**Chronomix, clock and timer.**

Call Flying Feet - 845-2833.

Mon., Tue., Thu., Fri. - 10:00 AM - 9:00 PM

Wed. 10:00 AM - 6:00 PM

Sat. 9:00 AM - 5:00 PM

Call at least 2 days in advance; *prompt return of equipment is appreciated.*

### **Chute Equipment, mile markers, and boards.**

Equipment is now being stored at the York Water Company Distribution Center, and the contact person is Jack Goodwin. The address is 1801 Mount Rose Ave. Pick up and return must be done during regular business hours. Please call Jack at 845-3601 ext 256 to make your arrangements.

Prices:

Use of club equipment: (Finish boards, mile markers, chute equipment, Chronomix, and/or clock.)	\$20
Timer person:	\$40
Race Application in Newsletter: (1 sheet, 2 sides)	
Out of County	\$25
York County Races	\$0

## DRY GOODS FOR SALE

Jan Workinger notes that club gear is always for sale. Available are baseball caps, etc. The ever popular YORK logo singlets may be purchased at Greg Baum's Flying Feet. If you have any ideas about what gear you'd like to see offered through the club.

## MEMBERSHIP RENEWAL INFORMATION

Your club membership expiration date is under your address on the mailing label of your newsletter. A reminder renewal post card is mailed to you the beginning of the month in which your membership is due to expire. You are allowed a grace period of 1 month after the month of expiration. Then, you are dropped from the membership roll. Please call Bobbi Kehr at 741-2117 if you have any questions.

<b>Dues:</b>	1 year	2 year
Individual	\$10	\$16
Student	\$6	\$10
Family	\$12	\$20

## MOVING? CHANGING YOUR NAME?

Please call Bobbi Kehr at 741-2117 to inform the club of any changes. We like to keep you informed!

